

Title (en)
TRAINING EQUIPMENT AND METHOD

Title (de)
TRAININGSGERÄT UND VERFAHREN

Title (fr)
APPAREIL D'ENTRAÎNEMENT PHYSIQUE ET PROCÉDÉ

Publication
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Application
EP 17719170 A 20170331

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Abstract (en)
[origin: WO2017168004A2] The invention relates to training equipment (300) for targeted muscle actuation. The training equipment (300) comprises a muscle-powered actuating element (301) and a damping system (10) comprising two components (2, 3) that can move in relation to one another. One of the components (2, 3) is operatively connected to the actuating element (301), such that a movement of the actuating element (301) can be damped. A field-sensitive rheological medium (5) and a field generation system (7) are associated with the damping system (10), in order to generate and control a field strength. A damping characteristic can be influenced by the field generation system (7). A control system (302) is suited and designed to control the field generation system (11) in a targeted manner in accordance with a training parameter, such that the movement of the actuating element (301) can be damped taking into account the training parameter.

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